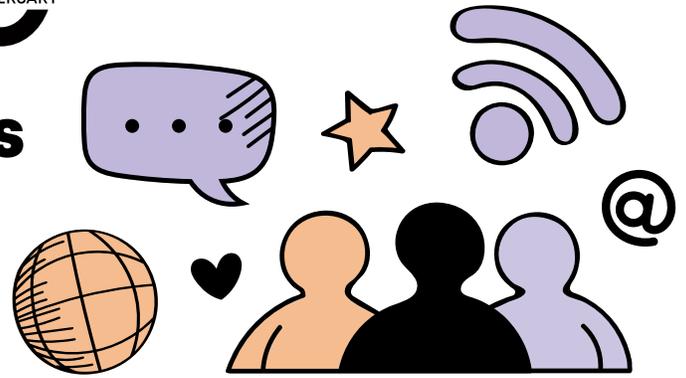


Free Virtual Programs & Services Available

August 2021



Care Counseling

Care Counseling services offer one-to-one support to those who are caring for someone with dementia. Whether you're at home with your loved one, or they live elsewhere, our counselors will help you through this challenging time. We provide education, resources, counseling, coping techniques, and ideas for self-care, as well as ongoing support and care planning. Counseling is available online or by phone.

ALZ Direct Connect®

Alzheimer's Los Angeles is accepting ALZ Direct Connect® referrals from healthcare professionals and aging service providers. ALZ Direct Connect is a warm hand-off referral made by professionals on behalf of a patient in the early stages of dementia or a family caregiver. An Alzheimer's Los Angeles social worker reaches out to the family based on the needs specified in the referral and provides complimentary disease education and support. ALZ Direct Connect referrals always include feedback to the referring professional after contact has been made with the family.

Make an ALZ Direct Connect referral:

AlzheimersLA.org/wp-content/uploads/2020/08/ALZDirectConnect_ReferralForm_0819_TypeFriendly-1.pdf

Virtual Support Groups

- Mondays, 11AM–12PM: Caregiver Group
- Tuesdays, 5:30–6:30PM: Caregiver Group
- Wednesdays, 3–4PM: Spanish Speaking Group
- Wednesdays, 7–8PM: Caregiver Group
- Thursdays, 11AM–12PM: Caregiver Group
- Thursdays, 1:30–2:30PM: Early Stage Caregiver Group
- Fridays, 2–3PM: Group for Caregivers of people living in a residential facility

To RSVP to any of our virtual workshops or access any of our services:
Call our helpline **844.HELP.ALZ (844.435.7259)** or visit our website **AlzheimersLA.org**

Learning @Home



Free Distance Learning Talks

Join us by Webinar or Telephone Call

See our website for dates & times:

AlzheimersLA.org/learning-at-home

To RSVP, call **844.HELP.ALZ** (844-435-7259) or email **rsvp@alzla.org**

Registration closes 24 hours prior to the event.

All talks are 1 hour long, followed by Q&A.

When you RSVP via e-mail, please include:

- Workshop Name/Date/Time
- Your full name
- Phone number
- ZIP code

AUGUST 2021 Schedule

EDUCATIONAL TALKS

Memory Loss & Alzheimer's

An overview of Alzheimer's disease and its effects. Learn about what causes memory loss, the difference between normal aging and signs of dementia, and what to do when you visit the doctor.

- TUESDAY, AUGUST 3, 2021 @ 10:30AM (*Asian American Focused*)
Hosted by Keiro
- FRIDAY, AUGUST 13, 2021 @ 11AM
Hosted by Pasadena Senior Center
- TUESDAY, AUGUST 24, 2021 @ 5PM
- THURSDAY, AUGUST 26, 2021 @ 10AM

Communication & Dementia

Beginning with a basic understanding of Alzheimer's disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

- WEDNESDAY, AUGUST 4, 2021 @ 5PM
- SATURDAY, AUGUST 7, 2021 @ 9AM

Behaviors & Alzheimer's Disease

A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

- FRIDAY, AUGUST 6, 2021 @ 10AM
- TUESDAY, AUGUST 17, 2021 @ 10:30AM (*Asian American Focused*)
Hosted by Keiro
- WEDNESDAY, AUGUST 18, 2021 @ 5PM
- SATURDAY, AUGUST 21, 2021 @ 9AM

Keeping Your Brain Healthy

TUESDAY, AUGUST 10, 2021 @ 10:30AM (*Asian American Focused*)

Did you know that your brain is an organ? Learn what research is showing we can do now to keep our memory strong as we age – including nutritional tips, how to keep active and ways to challenge your brain. This session includes several interactive brain games.

Hosted by Keiro

Behavioral Challenges in Dementia + Ask the Doc

TUESDAY, AUGUST 10, 2021 @ 6PM

Join Alzheimer's Los Angeles and L.A. City's 5th District for this free educational event for caregivers. Enjoy opening remarks from City Councilmember Paul Koretz, followed by a presentation on dementia-related behaviors and Q&A session with Dr. Andrew Chan, a geriatrician and dementia care expert.

Lost Memories: Short Film & Discussion

(written & directed by Jessica Silvetti)

WEDNESDAY, AUGUST 11, 2021 @ 10AM

Follow the Ramirez Family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face.

Hosted by Cerritos Senior Center

LA Found: Tracking Bracelets for Wanderers

LA County now offers a system of trackable bracelets to help quickly locate individuals with autism, dementia, or Alzheimer's disease when they wander and go missing. Learn about how this program works and how to apply for a bracelet.

- WEDNESDAY, AUGUST 11, 2021 @ 2PM

Hosted by PASC

- TUESDAY, AUGUST 17, 2021 @ 11AM

Hosted by City of Monterey Park

- TUESDAY, AUGUST 17, 2021 @ 3PM

Hosted by USC Verdugo Hills Hospital Community Resource Center for Aging

Making Home Safe

Learn about methods to modify your home, simple hacks and ways you can use technology to increase a person with dementia's ability to stay at home safely.

- WEDNESDAY, AUGUST 18, 2021 @ 10AM

- TUESDAY, AUGUST 24, 2021 @ 10:30AM (*Asian American Focused*)

Hosted by Keiro

ACTIVITIES

Programs available to provide engaging opportunities for people living with dementia and their care partners.

RSVP at rsvp@alzla.org or 323.930.6271. Zoom link will be provided.

LA Opera “Music to Remember” Workshop

THURSDAY, AUGUST 12, 2021 @ 11AM

Music helps us connect to each other, our community and even to our own inner selves. Music to Remember is inspired by the powerful (and scientifically proven) role that music plays in restoring the body, soul and memory. This recital with LA Opera teaching artist Nandani Sinha stimulate remembrance and gently invite reflection through familiar and beloved songs. Of course, we encourage joyful interaction and singing-along throughout.

LACMA “Personal Connections” Program

TUESDAY, AUGUST 17, 2021 @ 1PM

Join LACMA Teaching Artist Elonda Norris in an engaging and fun virtual art session! She will guide the care partner and person living with dementia to look at and discuss works of art from the museum's collection - from the comfort of your own home.

Online Activity Hour

WEDNESDAY, AUGUST 18, 2021 @ 11AM

You're invited to join activity specialist, Jon Schaeffer, for an hour of fun and stimulating programming in the comfort of your home, featuring a mix of music, trivia, jokes, history news and word teasers. Sit back and listen, or chime in when you choose. There will be something for everyone. It's a casual, good time!

Memories in the Making

TUESDAY, AUGUST 24, 2021 @ 10AM

Memories in the Making is an art program that allows people with Alzheimer's disease and other dementias explore their memories and emotions through the process of creating art to fulfill the participant's desire to communicate, particularly when speech is affected. Please join us for a virtual Memories in the Making painting session. Art supplies provided upon request.

BasebALZ Program

FRIDAY, AUGUST 27, 2021 @ 11AM

BasebALZ, also referred to as “Talking Baseball,” uses baseball as a topic for reminiscence therapy. Reminiscence therapy is an approach to improve the well-being of Alzheimer's patients by invoking and discussing their memories of the past.

SAVVY CAREGIVER WORKSHOPS

This program develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer's disease or another dementia.

MONDAYS, AUGUST 2, 9, 16, 23 & SEPTEMBER 6 @ 5:30 - 7:30PM

Savvy Caregiver: 6-week program

FRIDAYS, AUGUST 6, 13, 20 @ 10AM-12PM

Savvy Caregiver Express: 3-week program

WEDNESDAYS, AUGUST 11, 18, 25 & SEPTEMBER 1, 8, 15 @ 10AM-12PM

Savvy Caregiver: 6-week program

THURSDAYS, AUGUST 12, 19, 26 @ 2-4PM

Savvy Caregiver Express: 3-week program

Hosted by Kaiser Permanente Baldwin Park Medical Center

Classes are small-group format & held virtually. Computer with internet access required. Registration closes 4 days prior to the event. To RSVP or for more information, contact Sara Mikael at **323.451.2699** or **smikael@alzla.org**.